



Putnam County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Putnam County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Putnam County School System that includes:

- School Health Advisory Committee
- Eighteen Healthy School Teams
- School Health Policies strengthened or approved include Tobacco Free Schools, Drug Free Workplace, Safety, Emergency Preparedness Plan, Crisis Management, Special Programs/Homebound Instruction/Remedial Instruction, Personnel Health Examinations/Communicable Diseases, Acquired Immune Deficiency Syndrome, Hepatitis B, Student Discrimination/Harassment and Bullying/Intimidation, Drug Testing of Student Athletes and Cheerleaders, Guidance Program, Student Health Services, physical examinations and immunizations, communicable diseases, pediculosis (headlice), medicines, student social services, child abuse and neglect, accidents and illnesses, student wellness, and the Emergency Allergy Response Plan
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$936,004.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ PEP Foundation | ➤ Cookeville Regional Medical Center |
| ➤ Putnam County YMCA | ➤ Giving Big Foundation |
| ➤ Algood | ➤ Mothers Against Drunk Driving |
| ➤ Baxter | ➤ Putnam County 911 |
| ➤ Cookeville | ➤ Putnam County Emergency |
| ➤ Monterey Police | ➤ Medical Services |
| ➤ Cookeville Fire Dept. | ➤ Putnam County Fire Dept |
| ➤ Putnam County Emergency | ➤ Putnam County Health Dept |
| ➤ Management Agency | ➤ Putnam County Rescue Squad |
| ➤ Cookeville Regional Medical | ➤ TN Highway Patrol |
| ➤ Center Education Dept | ➤ TN Fire Marshall's Office |
| ➤ Cookeville Regional Medical | ➤ Tennessee Tech University |
| ➤ Center Community Wellness | ➤ TTU School of Nursing |
| ➤ Dept | ➤ TTU Human Ecology/Nutrition Dept |
| ➤ Business Development Dept | ➤ TTU Service Learning Dept |

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| ➤ TTU Agriculture Dept | ➤ Cookeville Pediatrics |
| ➤ Putnam County Child Advocacy Center | ➤ Structured Athletics for Challenged Children |
| ➤ Upper Cumberland Child Care | ➤ Progressive Savings Bank |
| ➤ Resource Network | ➤ Stephens Center |
| ➤ Cookeville Leisure Services | ➤ Life Care |
| ➤ Plateau Mental Health | ➤ Personal Growth and Learning Center |
| ➤ Putnam County Regional Dept | ➤ Cookeville Girl Scouts |
| ➤ Putnam County LEPC | ➤ Chamber of Commerce |
| ➤ Genesis House | ➤ Allergy, Asthma and Sinus Center |
| ➤ Teen Challenge of the Upper Cumberland | ➤ Nashville State Technical College |
| ➤ Stevens Street Baptist Church | ➤ Dr. John B. Averitt, Recovery Living Services |
| ➤ Crossroads Community Church | ➤ CareALL Home Health |
| ➤ Vine Branch Community Church | ➤ NHC |
| ➤ West Putnam Food Ministries | ➤ Cookeville Pregnancy Center |
| ➤ TENNderCare | ➤ Cookeville Red Cross |
| ➤ PCS Family Resource Center | ➤ Putnam County Sheriff's Dept |
| ➤ PCS Adult Education Center | ➤ Sexual Assault Center |
| ➤ Heart of the Cumberland | ➤ UT Extension |
| ➤ Power of Putnam | ➤ Volunteer Behavioral Health |
| ➤ Community Services Agency | ➤ Upper Cumberland Council on Children and Youth |
| ➤ First Methodist Church | ➤ CRMC Cancer Center |
| ➤ Kids Care | ➤ Convenient Care Clinic |
| | ➤ Grace Presbyterian Church |
| | ➤ Tracy Epps, FNP |
| | ➤ Dr. Melissa Hall |
| | ➤ Cookeville Regional Medical Center |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including parents serving on family engagement teams and healthy school teams which plan and implement healthy school events such as Family Fitness Night, Health Night, School Fun Runs, etc. Parents volunteer serve on health screening teams. PTOs coordinate with school clinic nurses and make donations. Parents volunteer for morning run clubs and after school programs and activities that incorporate school health initiatives. Currently, 240 parents are collaborating with CSH.

Students have been engaged in CSH activities such as School Health Policy Review teams through Project Citizen at Algood Middle School, Health Science classes at Cookeville High School led Healthy School Team projects at CHS, Upperman High School HOSA led school health projects at UHS. Students at Avery Trace Middle School implemented service-learning activities that focused on school health initiatives. Students selected for Leadership Putnam Youth Academy promoted youth involvement in the community with an emphasis on safe and healthy environments. Power of Putnam Youth Coalition promotes safe and drug-free communities in Putnam County while educating students on health education related to leading a healthy lifestyle. Various clubs at Cookeville High School incorporate school health goals into their club work throughout the year such as Putnam Fire Department Explorers Club, Hiking and Environmental Club, Family Career and Community Leaders of America Club, Not in my School

Club, and HOSA Club. Approximately 735 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Putnam County Schools, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 15,094 students screened and 1,963 referrals were made;

Students have been seen by a school nurse and returned to class – 40,931 students were seen by the nurse and 36,546 of those students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In the Putnam County School System, the percentage of children classified as obese has dropped 1.9% since 2007. The percentage of overweight children has dropped 1.8% since 2007;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include general office supplies, school clinic supplies, in-service for physical education teachers, travel for CSH Institutes and RHAT, travel for CSH coordinator, nurse coordinator, school nurse, social workers, membership to RHAT, TAHPERD, Tennessee School Health Coalition, Tennessee Public Health Association, and Upper Cumberland Council on Children and Youth.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include school counselor in-service training on counseling protocol, procedures, grief support group training for counselors, critical stress debriefing, ADD/ADHD, and other mental health issues training for counselors. Other professional development includes student support team training for counselors, Heart of the Cumberland curriculum, policies and procedures training for counselors, “Hands Are Not For Hurting”, bullying prevention, and healthy relationships education training for counselors. The Health Department has provided training for counselors onsite at the Putnam County Health Department. Suicide prevention training was provided for all certified and support staff employees. First Aid training was provided for all support staff and several school faculty meetings. Additional professional development includes CPR training for 68 school employees and 50 bus drivers, nursing continuing education and training provided for all school nurses, medication designee training for 57 school staff employees and bloodborne pathogen training for all school employees. Accident prevention training was provided to all administrators and nurses along with CSH overview/training for all new teachers. Also, the CSH coordinator attended CSH Fall Conference and Spring Institute and RHAT state conference.

School faculty and staff have received support for their own wellbeing through the following: Partnered with Cookeville Regional Medical Center to provide health fair and health screenings for PCS staff. Partnered with the CRMC Cancer Center to include PCS employees in a national

cancer prevention study. Partnered with a local pharmacy to provide flu and pneumonia shots for staff and their families. CSH partnered with local YMCA on a corporate partnership to provide a discount to all PCS employees. CSH Coordinator developed “Teachers on the Run” group to train together for a half marathon. CSH Coordinator partners with PCS Benefits Coordinator to provide health prevention education to all PCS employees. School nurses provide health education to their assigned school’s employees throughout the year. CSH Coordinator set up a “Beat the Holiday Bulge” four-week weight management program for employees. CSH coordinated an online “Building Wellness One Heart at a Time” employee wellness program for PCS employees. CSH Coordinator established a employee vaccine wellness team to assess employee’s knowledge and need for expanded vaccine program which included PCS employees and community partners.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum is being taught in counseling, physical education/health, and wellness classes; CSH coordinator partners with Safe and Drug Free Schools Coordinator on health education implementation in classrooms; CSH coordinator, Nurse Coordinator, and school nurses provide health education such as, but not limited to, sun safety, disease prevention, skin care, dental care, puberty, lice and tick prevention and care, diabetes prevention, hand washing/germ prevention, cold and flu prevention, bowel health, heart health. School nurses in schools with System Wide Positive Behavior Support incorporate lessons on health into school program.

CSH partnered with Tennessee Tech University Nursing, physical education and Nutrition departments on providing health education in the classroom along with health education for school employees. CSH partnered with County and Regional Health Departments, Power of Putnam, Cookeville Pregnancy Clinic, Putnam County Safety Officer, Local Emergency Planning Committee, Safer Community Task Force, and Volunteer Behavioral Health to provide health education in disease prevention, community health, personal health, family life education, safety and accident prevention, and substance use/abuse prevention, and mental/emotional health.

CSH partnered with Putnam County Health Department, 911/EMS, TN Fire Marshall, EMA, and Cookeville Fire Department on education events during Public Health Week focusing on preventative measures for health and well-being. CSH coordinator partnered with Public Safety Officer and Cookeville Regional Medical Center Medical Director of Emergency Services to provide education on designer drug use and prevention to school staff, students, and at the School Law Seminar at Tennessee Tech University in April. CSH coordinator served on Diabetes Awareness Committee and facilitated awareness/education for diabetes awareness/prevention in all schools. CSH coordinator partnered with Health Science teachers at Cookeville High and Upperman High schools on health fairs at each school. CSH partnered with local dental hygienist to provide dental care education to pre-k classes. CSH staff facilitated information to parents on bed bug prevention. CSH coordinator organized a partnership with County Health

Educator and Avery Trace Middle School on the Lives Cut Short campaign which was displayed at the Board of Education and the county court house.

- Physical Education/Physical Activity Interventions – partnered with Putnam County YMCA on a community outreach program, “Healthy Heroes”, to offer scholarships for students identified as obese through BMI screenings for a twelve-week fitness program at the Y. Also, the families of these students were offered scholarships to attend the Y with their child. Also partnered with the YMCA on “Kids on the Run” youth run club and “Kids Hero Half” which is a half marathon which 170 student participants. CSH coordinator partnered with each school’s Healthy School Team to hold a fitness event at a each school that included student and family activities. CSH partnered with Cookeville Leisure Services on Child Health Week Camp during fall break to offer physical activities each day, partnered with Northeast Elementary School teacher on “Exercise All the Time” program using stability balls instead of chairs, partnered with after school program coordinator to implement physical activity classes/clubs at fourteen schools such as Be Fit Club, Healthy Lifestyles Class, physical education-Lifelong Activities Club, Tennis Club/Class, Healthy You Class, Walking Club, Fun in physical education Club, Dance and Rhythm Club, Basketball Club, Sports Mix Club, iPod Fitness Walk Club, Wii Fit and Learn Club, Folk Dance Club, and Team Sports Club.

CSH partnered with TTU Exercise Science, physical education and Wellness Department on developing a Paralympic Sport Club for disabled students in the Putnam County School System. The CSH coordinator organized and facilitated trainings for physical education teachers. Partnered with TTU and PCS elementary physical education teachers on 3rd Grade Olympics, Festival of Movement, and 4th grade Fitness Walk, partnered with YMCA on “Learn to Swim” program for all PCS 2nd graders, CSH coordinator facilitated “Walk to School Day” and “Freedom Walk” for schools, CSH coordinator served on a student advisory council at Algood Middle School to review physical activity policy and procedures and develop goals for better compliance.

- Nutrition Interventions – CSH coordinator implemented a pilot back pack program in three elementary schools, partnering with a local business. CSH coordinator oversees two existing back pack programs and assisted with expanding one program into it’s feeder middle school. CSH coordinator created back pack task force consisting of school personnel and community partners. CSH coordinator partnered with Cookeville Regional Medical Center on a child nutrition campaign. CSH coordinator created media campaign to educate the community on child nutrition. CSH coordinator partnered with the Putnam County Health Council to develop a sub-committee on Child Nutrition. Partnered with UT Extension to provide nutrition education in schools. Partnered with UT Extension and Putnam County Master Gardeners on the “Seedlings” and “Saplings” Junior Master Gardener programs. CSH coordinator partnered with after school program coordinator to implement nutrition classes/clubs at fourteen schools. CSH coordinator collaborates with PCS Food Services Supervisor on ways to promote healthy eating in schools. CSH coordinator facilitated meeting with vending machine company, administrators, Food Services Supervisor, and Assistant Director of Schools to ensure compliance with School Nutrition Law PC 708. Partnered with Tennessee Tech University Nutrition Department to provide

nutrition education in classrooms and at family health night events. CSH coordinator contacted PEP Foundation and did presentation to PEP Foundation Board to request partnership with Backpack program and PEP Foundation accepted proposal to adopt Backpack program as main focus of the PEP Foundation.

- Mental Health/Behavioral Health Interventions – CSH coordinator coordinates and supervises counseling and social work services for PCS. Partnered with Heart of the Cumberland to provide Developing Coping Skills, Peer Support Groups, Journey, and Grief Support for Kids classes in school and after school programs, along with training school staff. CSH coordinator provides Suicide Prevention training for all schools. Partnered with Cookeville Police, Putnam County Sheriff's Department and Cookeville Breakfast Rotary to provide family event on bullying prevention. Partnered with the Sexual Assault Center to provide curriculum and training to all school counselors on "Be: Promoting Healthy Relationships" through a grant. CSH coordinator coordinated Youth Suicide Postvention for high schools. CSH coordinator organized trainings for school counselors which included grief support group training, community agency safety and health programs, Mental Health integration, Critical Stress Debriefing, and student support teams. Partnered with PCS Graduation Coach to incorporate CSH goals into dropout prevention planning. CSH coordinator provided training to new school counselors. CSH coordinator facilitated Bullying Webinar and planning meeting for all administrators. CSH coordinator developed a committee to review and revise current Bullying policy. Partnered with Plateau Mental Health to provide Positive Action Prevention program and expand it to additional schools. Partnered with Volunteer Behavioral Health on Positive Action Conference for high school students. Facilitates peer support groups with elementary and middle schools. CSH coordinator partnered with after school program coordinator to implement Character Counts and Success Maker programs in schools. CSH coordinator supervises all social workers and social work services. Partnered and contracted with Recovery Living Services to provide mental health services to students in school and to students and their families in the home when needed.

In such a short time, CSH in the Putnam County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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